WINTER COMMENCEMENT 2011

Winter Commencement took place Saturday, Dec. 17, 2011 at the River Center in Davenport. Congratulations to all of the Winter grads and especially those from the Kinesiology Department!

Erica Dierks – magna cum laude, Physical Education-Teacher Education
Matthew Madera – Physical Education-Teacher Education
Evan Arnold – Exercise Science
Logan Frame – Exercise Science
Jaimie Joosten – cum laude, Exercise Science
Ashley Quade – cum laude, Exercise Science
Daniel Blomquist – Human Performance and Fitness
Allison Hollied – Exercise Science, Human Performance and Fitness
Joseph Speth – Human Performance and Fitness

Bismark Ansah – Sport Management
Lance Kennedy – Sport Management
Alec Kiburz – Sport Management, Management
Zachary McCalester – Sport Management
Ashley Wubben – Sport Management, Management

Kinesiology Club is in full swing planning and coordinating a Dance Marathon event to raise money for the Iowa Children's Miracle Network. This event will be held Friday, April 20th in the Rogalski Center Ballroom. It will include performances by many organizations on campus, games, activities, and of course there will be some dancing. The goal of the night is to stay on our feet for an extensive period of time, because that small sacrifice is symbolic of what these children have to go through. We will be having testimonies from local area children who would like to share the story of how they have benefited from the Iowa Children's Miracle Network. Anyone interested in helping out with the planning of this Dance Marathon is welcome to contact me at oberhoffersaram@sau.edu.

Thank you.
Sara Oberhoffer
Kinesiology Club President

Chicago Public Schools To Phase In P.E. At High Schools Again; Recess To Return For Grade Schools

(October 10, 2011 1:40 pm)

CHICAGO (CBS) – As part of its plans for a longer school day at the Chicago Public Schools, physical education classes will be phased back in for all high school juniors and seniors.

As WBBM Newsradio Political Editor Craig Dellimore reports, most schools have had the P.E. requirement waived since 1997. Recess will also return for all elementary schools by next school year.

“It’s something that really needs to happen in our schools,” CPS Chief Executive Officer Jean-Claude Brizard said.

“When you take a look at the obesity epidemic, as well as diabetes issues that we have in really poor parts of the city, we’ve got some work to do here.”

Brizard said the Board of Education will give high schools two years to get their physical education programs back into place for the 11th and 12th grades.

“There really is no facilities issue with the high schools. It’s a programmatic issue and a staffing issue; of course, money as well,” Brizard said. “But we anticipate having to hire about 200 physical education teachers over the next two years until we begin to reintroduce physical education back into all four years of high school.”

Perhaps ironically, the requirement for recess for the elementary schools will require new facilities for many schools, but their programs will all be in place next fall.

“We expect some issues in terms of facilities, in terms of maybe even safety in some cases, when you look at some parts of our city,” Brizard said. “But we intend to reintroduce recess back into the elementary schools.”

If you would like to share your news or accomplishments in the next newsletter, please send to mccullochpenny@sau.edu and put “newsletter” in the subject line.
'It's all good'

By Jane Kettering

The morning of August 23, 2008, Sara Lopata '11 was involved in a serious single-vehicle rollover accident in rural Benton County, Iowa. At the scene of the accident her neurological assessment score on the Glasgow Coma rating scale (3-15) was a 4, with 3 considered "brain dead."

An Ambrose junior at the time, Sara remained in a coma for more than two weeks. Later, intensive inpatient therapy involved relearning how to walk, talk, swallow, read and study, as well as refamiliarizing herself with the social aspects of everyday life. Another year of outpatient therapy followed.

Family and friends played a key role in keeping her focused and positive, as well as the strength of her will. Once back in school, Ambrose faculty Ragene Gwin, Matt Laurent, Heather Medema-Johnson and Darla Baumgarten "served as a rock for me to stay stable," said Sara. "The professors kept my head above water when it all started to become overwhelming."

Prior to her accident, Sara worked for Rev. Joseph DeFrancisco, who visited her in the hospital while she was still in a coma. "Although I realize I have been blessed with an amazing recovery, each day I have to find new ways to accomplish tasks that need to be done. A brain injury often leaves little to no outside marks, so people don't realize the ongoing struggle." Sara would eventually like to help families and loved ones of those impacted by a brain injury. "I know what it is like to feel helpless and in great need of someone. I think my positive outlook on life and being able to say, 'It's all good' would be a great tool for someone else to see and practice."

And her philosophy on life? "I believe that life is good–sometimes unfair, but good. The accident strengthened this philosophy. I have a 'make every day count' type of attitude."

Sara is truly an inspiration to us all, and we congratulate her on her graduation!

The Sport Management Club will be involved in a few things in the spring semester. First, we are looking to change our name to the S.P.O.R.T. S. Society. The letters in “SPORT” stand for: Students Pursuing Occupations Related to Sports. Also, since right now the gym time is pretty tied up with men's and women's basketball and men's volleyball, along with intramurals, we will be looking to organize a basketball tournament come springtime. As the weather warms up, we would like to try and have an outdoor activity as a competition, perhaps a bags tournament or something of the like. We are still working out details for both of these. The officers are meeting in the next couple days to discuss the next meeting that the society will have, so people should keep an eye out for fliers concerning that meeting day and time. Lastly, I know that a big area of our involvement for this upcoming semester will be the Men's National Tournament that is held April 12-14th. The Society will be involved in all sorts of ways with the tournament, from concessions to game operations, sponsors, and the like. We are always looking for more members and encourage people from all majors to come join our club.

Dan Dierking